

Florida's Favorite Chicken

Makes: 2 Servings

This recipe uses unsweetened grapefruit juice. Grapefruit juice can be used in poultry recipes for an added tang.

Ingredients

2 chicken breast halves
2 **tablespoons** chicken broth
2 **tablespoons** onion (chopped)
1 **tablespoon** cornstarch
1 **tablespoon** water
1 **cup** grapefruit juice
2 **tablespoons** walnuts (chopped if you like)

Directions

1. Remove skin and bones from chicken.
2. In a skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
3. Chop chicken into bite-sized pieces and set aside.
4. In same skillet, lightly cook onion until clear.
5. Mix cornstarch and water in a small cup and add to onion.
6. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
7. Mix in chicken. If using walnuts, add that too. Cook until heated.
8. Serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	350	
Total Fat	11 g	
Protein	31 g	
Carbohydrates	32 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	90 mg	